

Herb Inspired Cooking



Objectives

- Learn practical ways to prevent heart disease
- Explore components of a heart healthy diet
- Identify fresh herbs as natural flavor enhancers to replace salt, reducing the risk of hypertension and stroke.
- Demonstrate techniques for preparing and incorporating fresh herbs to replace sodium in several heart-healthy recipes



Life's Essential 8:

Key measures for improving and maintaining cardiovascular health

- ✓ **EAT BETTER**
- ✓ **BE MORE ACTIVE**
- ✓ **QUIT TOBACCO**
- ✓ **GET HEALTHY SLEEP**
- ✓ **MANAGE WEIGHT**
- ✓ **CONTROL CHOLESTEROL**
- ✓ **MANAGE BLOOD SUGAR**
- ✓ **MANAGE BLOOD PRESSURE**



[American Heart Association](https://www.heart.org)



ADDED SUGARS

Where do they
come from?

Major Sources: The Sugary Six



American Heart Association.
Healthy for Good™

THE SUGARY SIX

DID YOU KNOW?

Added sugars can be found in these six popular foods and beverages.



1



Regular Sodas, Energy and Sports Drinks

Just one can of regular soda has about 10 teaspoons of sugar. Water's a far healthier choice: Try adding slices of cucumber or fruit to boost flavor.

2



Fruit Drinks and Punches

Sugar-sweetened beverages, including fruit-flavored drinks, are the No. 1 source of added sugars in the U.S. diet. An 8-ounce fruit punch could have 13 grams of added sugar.

3



Candy

A 1.5-ounce chocolate bar has 21 grams of added sugar — nearly a whole day's worth for women and kids. Grab some grapes or other fresh fruit, or a handful of nuts, instead.

4



Sweet Baked Goods

One snack-size, frosted chocolate cream-filled cupcake may have 18 grams (or about four teaspoons) of added sugar. If you indulge, try baking your own goodies and cut the sugar by one-third to one-half.

5



Dairy Desserts and Milk Products

Two-thirds of a cup of vanilla ice cream could have 18 grams of added sugar. Try fresh fruit instead. Choose unflavored low-fat or fat-free milk. Avoid yogurts with added sugar and try adding fresh berries to plain yogurt instead.

6



Sweetened Breakfast Foods

Skip the morning sugar high from sweetened breakfast cereals, flavored or sweetened oatmeals, breakfast shakes and cereal bars. A strawberry-flavored cereal bar could have around 12 grams of added sugar. Have fruit or plain oatmeal — or an egg for a protein kick. And cut back on sugar in your coffee or tea.

OTHER NAMES FOR SUGARS



dextrose, maltose,
sucrose, glucose,
isoglucose, levulose

high fructose corn syrup

molasses

cane sugar

organic sugar

agave syrup

corn sweetener

syrup

honey

fruit juice concentrates

corn sugar

invert sugar

Key Health Impacts of Excessive Added Sugars:

Weight Gain

Type 2 Diabetes

Heart Disease

Liver Disease

Nutrient Deficiencies

Tooth Decay

**Accelerated Skin
Aging**

**Potential Cancer
Risk**

**Increase Risk of
Depression**

Added Sugars in Certain Foods

Serving Size	Food	Added Sugars (grams)
1 cup	Honey Nut Cheerios	12
12 oz.	Soda	39
8 oz.	Cranberry Juice Cocktail	23
½ cup	Ice Cream	12 – 24
2 Tbsp.	BBQ Sauce	16
6 oz.	Vanilla or fruit Greek yogurt	10 - 20
¼ c.	Granola	2 – 13



How can you lower your added sugars intake?



Reducing Added Sugars



Swap Sugary Drinks

Reduce Gradually

Read Nutrition Facts

Choose Whole Food

Consider spices (cinnamon, nutmeg, vanilla)

Limit Added Sugars

1 tsp. = 4 grams

12 oz. soda = 10
tsp.

Men: < 50 grams of added sugars/day

Women: < 36 grams of added sugars/day



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SATURATED FAT

**Where does it
come from?**

Major Sources of Saturated Fat

Red Meat

**Full-Fat
Dairy**

**Tropical
Oils**

Butter

**Fried
Foods**

**Baked
Goods**

**Some
Crackers**

Key Health Impacts of Excessive Saturated Fat:

**Increases LDL
Cholesterol &
Inflammation**

Plaque Formation

Heart Attack

Stroke

Increased Calories

Weight Gain

**Increased Risk of
Diabetes**

**Increased Risk of
Cancer**

**Potential Cognitive
Decline**

Saturated Fat in Certain Foods

Serving Size	Food	Saturated Fat (grams)
3 ounces	93/7 ground beef	2.6
1 ounce	Cheddar, Swiss, Gouda, Blue, Colby Jack Cheese	5.4
1	Beef/Pork Hot Dog	6 - 12
8 ounces	Whole milk	4.6
1 ounce	Potato Chips	1 - 3
1 tablespoon	Butter	7
1 tablespoon	Coconut oil	12



How can you lower your saturated fat intake?

Reducing Saturated Fat



Lean meat, poultry, and fish

Eggs

Nuts, seeds

Beans, lentils, peas, and tofu

Low fat dairy

Healthy fat

Limit ultra-processed food

Consider healthy cooking methods

Read Nutrition Facts

Label Reading

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
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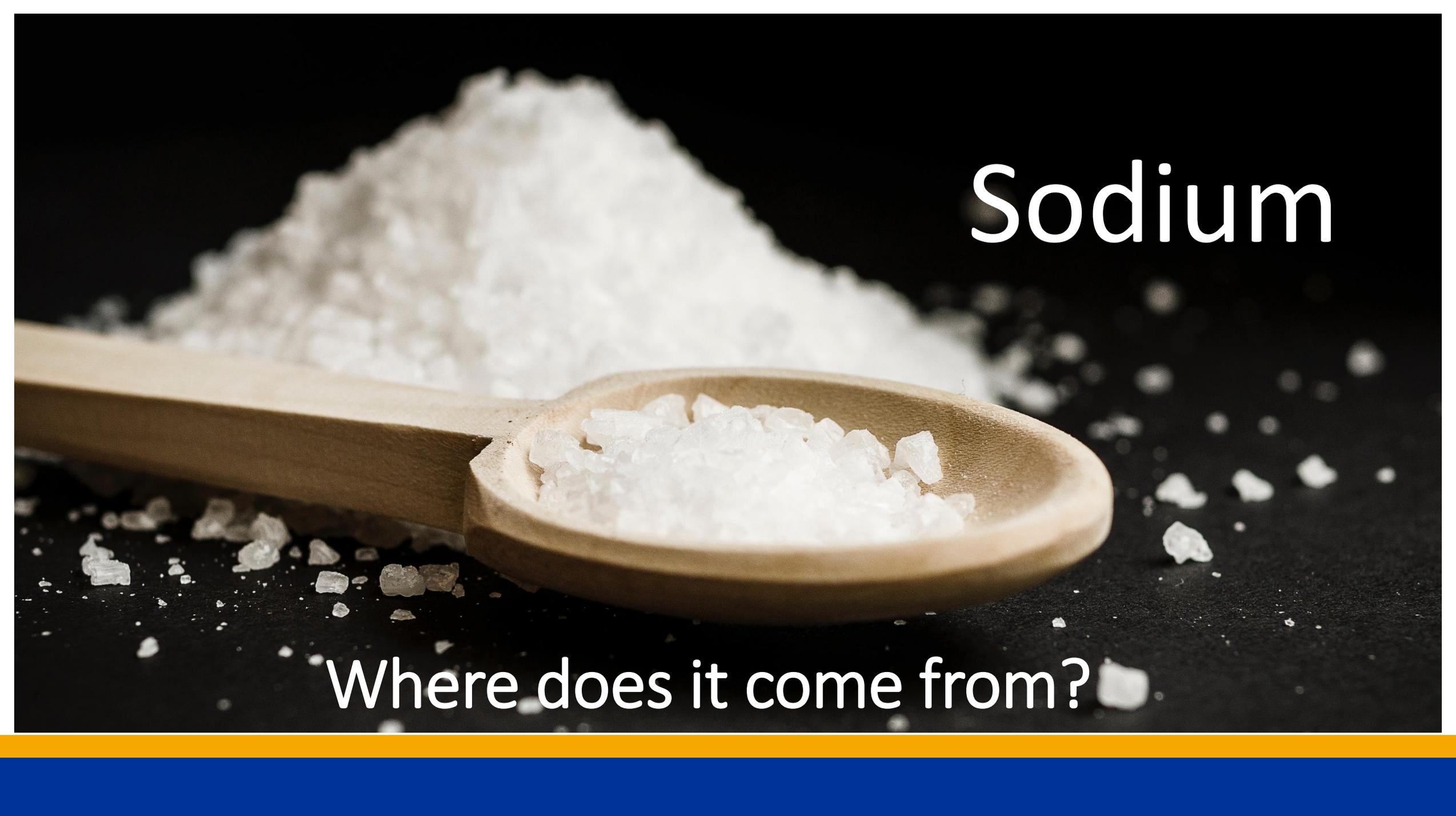
USDA, WHO, and the FDA recommends:

- $\leq 10\%$ of calories from saturated fat
- 2,000 calories = 22 grams
- 1,800 calories = 20 grams
- 1,500 calories = 17 grams
- 1,200 calories = 13 grams

Label reading tip:

- Aim for **less than 2 grams** of saturated fat per serving





Sodium

Where does it come from?

MAJOR SOURCES: Salty Six



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

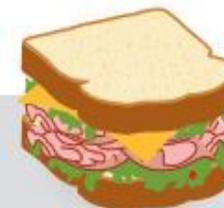
1



PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



BURRITOS & TACOS*

Two teaspoons of packaged taco seasoning can have 411 mg of sodium! Make your own by combining 1/2 teaspoon each of cumin, oregano, chili powder and garlic powder for a total of 42 mg of sodium.

6

Common Sodium Synonyms & Sources on Ingredient Lists

Salt: Sea salt, rock salt, kosher salt, Himalayan pink salt

"Sodium" Compounds: Disodium guanylate, disodium inosinate, sodium diacetate, sodium erythorbate, sodium lactate, sodium metabisulfite

Soda: Baking soda (sodium bicarbonate)

Other: Monosodium glutamate (MSG)

Key Health Impacts of Excessive Sodium:

Water Follows Salt

Increases Blood Pressure

Heart & Kidneys Work Harder

**Fluid Retention:
Bloating, Puffiness,
Swelling, Weight Gain**

**Heart Attacks, Stroke,
& Heart Failure**

**Kidney Disease &
Kidney Stones**

**Increased Risk of
Osteoporosis**

**Potential Cognitive
Impairment and
Dementia**

**Potential Migraine
Trigger**

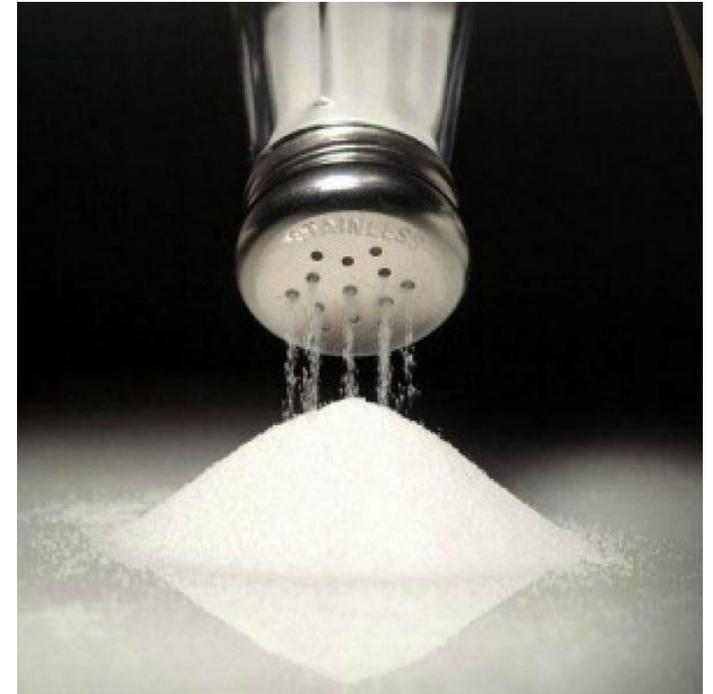
Sodium Content in Different Types of Salt

Type of Salt	*Approximate Sodium in 1 Teaspoon
Iodized table salt, fine	2,300 mg
Kosher salt, coarse and Celtic salt	1,920 mg
Kosher salt, fine	1,120 mg
Sea salt, fine	2,120 mg
Sea salt, coarse	1,560 mg
Pink Himalayan salt	2,200 mg
Black salt	1,150 mg – 2,200 mg
Fleur de sel	1,560 mg – 2,320 mg
Potassium salt (salt substitute)	0 mg (contains 2,760 – 3,180 mg potassium)

*Sodium amounts may vary by brand

Sodium in Certain Foods

Serving Size	Food	Sodium (mg)
1 Tbsp.	Soy Sauce	879
1 can	Tomato Soup	1,200
1 oz.	Potato Chips	140 - 180
3 oz.	Cured Ham	1,050 - 1,128
1 slice	White Bread	100 - 230
1 oz.	Cheddar	174 - 190
½ c.	Spaghetti Sauce	300 - 600



How can you lower your sodium intake?

Reducing Sodium



Read Nutrition Facts

Choose more whole food

Eat less processed food

Rinse canned goods

Watch portions

Include potassium rich foods

Caution when dining out

Gradual reduction (taste bud adaptation)

Salt alternatives

Label Reading

Sodium Labeling	Sodium Content
Salt free/ Sodium free	5 mg or less per serving
Very low sodium	35 mg or less per serving
Low sodium	140 mg or less per serving
Lower/ Reduced sodium	Reduced by at least 25%
Light in sodium	Reduced by at least 50%
No salt added/ Unsalted	No salt added during processing

Nutrition Facts
2 servings per container

Serving size 1 cup (237mL)

Amount per serving
Calories **160**

% Daily Value*

Total Fat 4g **6%**
Saturated Fat 0.5g **3%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 24g **8%**
Dietary Fiber 8g **32%**
Total Sugars 5g
Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg 0%
Calcium 29mg 3%
Iron 1mg 4%
Potassium 521mg 11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How much Sodium?

American Heart Association recommends:

Aiming for **< 2,300 mg sodium/day**



Salt-Free Seasonings



Try citrus for a fun flavor!



Zesting

Juicing

Mix with other acids

Fresh Herbs





Cooking Demo Menu

Pea Salad

Farro Salad

Chimichuri

Walnut Parsley Pesto

Lemon Dill Dressing

Honey Basil Fruit Salad



**Heart
Healthy
Soup is
Available in
the Healthy
Heart Cafe**



Thank you

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